



# Rome Free Academy

## (G) V Winter Track

### Coaches:

- Theodore Swavelly, Asst Coach
- Diane Stevenson, Asst Coach
- Nicholas Jeror, Coach

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Nov 28, 2022	Mon	Practice	N/A	TBD		TBD			
Nov 29, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Nov 30, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 1, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Dec 2, 2022	Fri	Regular Season (IDT&F MV Kickoff Meet )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Rex Smith (315) 271-0704	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Dec 2, 2022 <b>Departure Time:</b> 8:45 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Dec 5, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 6, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 7, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 8, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Dec 9, 2022	Fri	Regular Season (Oscar B Jensen Memorial Relays )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Danyelle S. 202-390-2722	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Dec 9, 2022 <b>Departure Time:</b> 8:45 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Dec 12, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 13, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 14, 2022	Wed	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			
Dec 15, 2022	Thu	Practice	N/A	2:30 PM	4:00 PM	Rome Free Academy H S			
Dec 19, 2022	Mon	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy H S			

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Dec 19, 2022	Mon	Regular Season (MV Meet #3)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Time:</b> 8:45 AM	L
Dec 20, 2022	Tue	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy HS			
Dec 21, 2022	Wed	Regular Season (John DiMao Invitational)	@ TBD	5:00 PM		Colgate University	<b>Bus/Driver:</b> First Student - Danyelle S. 202-390-2722	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Dec 21, 2022 <b>Departure Time:</b> 8:45 AM	NL
Dec 22, 2022	Thu	Practice	N/A	2:30 PM	4:30 PM	Rome Free Academy HS			
Dec 27, 2022	Tue	Practice	N/A	8:30 AM	10:30 AM	RFA Indoor Running Track			
Dec 28, 2022	Wed	Regular Season (CNY Holiday Challenge )	@ TBD	TBD		UTICA University	<b>Bus/Driver:</b> First Student - Kim Gwin (315) 832-8440	<b>Departure Point:</b> RFA <b>Departure Date:</b> Dec 28, 2022 <b>Departure Time:</b> 8:45 AM <b>Return Date:</b> <b>Return Time:</b> 4:30 PM	NL
Dec 29, 2022	Thu	Practice	N/A	9:00 AM	11:00 AM	RFA Indoor Running Track			
Jan 6, 2023	Fri	Regular Season (MV Meet #4)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student - Shane M. 315-292-3620	<b>Departure Point:</b> RFA <b>Departure Date:</b> Jan 6, 2023 <b>Departure Time:</b> 8:45 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 12, 2023	Thu	Regular Season (Art McKinnon Meet #5)	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First Student	<b>Departure Point:</b> RFA <b>Departure Date:</b> Jan 12, 2023 <b>Departure Time:</b> 8:45 AM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Jan 21, 2023	Sat	Regular Season (MV Meet #6 (Senior March) )	@ TBD	10:00 AM		UTICA University	<b>Bus/Driver:</b> First Student - Alex 315-225-6698	<b>Departure Point:</b> RFA <b>Departure Time:</b> 8:45 AM	L
Jan 26, 2023	Thu	Regular Season (League Championships )	@ TBD	4:30 PM		UTICA University	<b>Bus/Driver:</b> First student - Shane 315-292-3620	<b>Departure Point:</b> RFA <b>Departure Date:</b> Jan 26, 2023 <b>Departure Time:</b> 3:00 PM <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L

DATE	WEEK DAY	TYPE	OPPONENTS	START TIME	END TIME	LOCATION	DEPARTURE	TRANSPORTATION	LEAGUE / NON-LEAGUE
Feb 9, 2023	Thu	Post-Season (Sectional Championships )	@ TBD	4:30 PM		Onondaga Community College SRC Arena	<b>Bus/Driver:</b> First Student - Steve 315-240-8526	<b>Departure Point:</b> RFA Bus Loop <b>Departure Date:</b> Feb 9, 2023 <b>Departure Time:</b> 2:15 PM	L
Feb 15, 2023	Wed	Post-Season (Section 3 State Qualifiers)	@ TBD	4:30 PM		Onondaga Community College SRC Arena		<b>Departure Point:</b> No Transportation Needed <b>Departure Date:</b> Feb 15, 2023 <b>Return Date:</b> <b>Return Time:</b> 9:00 PM	L
Feb 22, 2023	Wed	Practice (Practice)	N/A	9:00 AM	10:30 AM	RFA Auxilliary Gym			
Feb 27, 2023	Mon	Practice	N/A	TBD		RFA Indoor Running Track			
Feb 28, 2023	Tue	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 1, 2023	Wed	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 2, 2023	Thu	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 4, 2023	Sat	Post-Season (NYSPHSAA State Championships)	@ TBD	9:00 AM		Ocean Breeze Athletic Complex		<b>Departure Point:</b> No Transportation Needed	L
Mar 6, 2023	Mon	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 7, 2023	Tue	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 8, 2023	Wed	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 9, 2023	Thu	Practice	N/A	TBD		RFA Indoor Running Track			
Mar 10, 2023	Fri	Practice	N/A	TBD		RFA Indoor Running Track			

Date: 2024-05-21